

365 life after her





How do we grieve?

Bex Peterson
Editor-in-Chief

I have this recurring dream that's been plaguing me since 2013.

I'm usually in a café, or a pub—some kind of public meeting place—and I see an old friend of mine. I haven't seen his face since graduation. I rush over, my heart pounding in my chest, and I pull him into a tight hug.

"We all thought you were dead," I tell him. Every time, my throat is incredibly tight when I say this. "I remember your funeral."

It's usually around this point that I

wake up, feeling momentarily relieved that my friend is still alive. And then, slowly, I remember.

It will be six years this March since my friend died suddenly; no warning, no previous illness that we knew of, just a heart attack that seemed to strike out of the blue. Two weeks ago, was six years since another friend of mine passed; in February it'll be seven years for someone else. The years of 2012 and 2013 felt cursed to me. I kept losing people, one after another, with no time to recover between each blow. Every time these macabre anniversaries roll around, I can't help but wonder at how much time has passed. Has it really already been seven years? Six years? Twelve, since I

lost my grandfather? Three, since I lost my grandmother?

Individual grief operates on its own calendar, with its own sense of the minutes and hours, the days and the years. No one gets to tell you that you're taking too long to process; no one other than you can decide what time you need to come to terms with the loss. And even then, it's hardly a matter of choice. It's been six years, and I still have vivid dreams that my friends are alive. I still wake up with that awful momentary relief.

I've wanted to punch every person who's trotted out this line to me in my own times of grieving, but it is a terrible fact that loss is a part of life. I don't want

to use that fact to dismiss the experience; rather, I take it to mean that many of us are grieving at any given time. You won't always see it, you won't always hear it, and you won't always know how deeply someone is hurting.

Be kind to each other. There are so many of us wandering around with holes in our hearts; some that are bigger than others. Love doesn't fix it, but it can help, sometimes, to lessen the burden.

Until next issue,

Bex Peterson

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 - Post-secondary students potentially set to receive 24/7 mental health support
- ...and more!

Wet'suwet'en from a sociologist's perspective

› Reoccupying land



Photo by Andy Crosby via 'The Leveller'

Katie Czenczek
News Editor

“ I think that’s putting a really positive spin on what’s essentially an act of bullying,”

– Jakub Burkowicz, a sociologist from Douglas College

Although the RCMP and Wet'suwet'en peoples have reached an alleged tentative truce, the fight over traditional land is still underway.

On January 10, the two groups reached an agreement that the Wet'suwet'en people would allow Coastal GasLink employees access to the bridge previously blocked by the Unist'ot'en camp. In return, the RCMP would leave the other anti-pipeline camps within the area intact.

That being said, it seems that the RCMP has violated the agreement struck with the hereditary chiefs. There have been reports from the Unist'ot'en camp that the RCMP has set up more camps leading up to the Gidimt'en checkpoint.

In a phone interview with the *Other Press*, Jakub Burkowicz, a sociologist who teaches at Douglas College, shared his thoughts on the conflict and how it compares to how past groups have tried to reclaim their authority.

“It’s important to recognize that this is the RCMP’s historic role to play,” he said. “They were key players in overturning Aboriginal title. So when I see them today dismantling blockades and camps, I can’t help but say that they’re further participants, that this is a redoubling of trauma because the RCMP have historically

been removing people from their land.”

Burkowicz also said that it is important to pay attention to who is allowed to enter the territory and who is not.

“They’ve barred media from accessing the site,” he said. “What is really telling is that company workers were allowed to pass the checkpoints while no one else was.”

Protests have continued to spark up worldwide, with people continuing to march in Vancouver and Victoria in solidarity with the hereditary chiefs. On January 9, protesters marching in Ottawa interrupted a scheduled speech by Justin Trudeau.

On January 16, a group of supporters blockaded the Venables Street rail line in Vancouver along with vehicle routes downtown. Police responded to the scenes.

The Venables Street group of protestors first marched from Grandview Park to the rail line and made a point of stopping outside of Advanced Education Minister Melanie Mark’s constituency office. The group was comprised of Wet'suwet'en peoples, allied Indigenous peoples, and non-Indigenous supporters.

The protests took a similar approach to the angle Audrey Siegl laid out in her speech during the first Coastal GasLink protest that happened in Vancouver. Siegl

had said on January 8 that “Canada won’t start listening until it starts costing them.” It appears the protestors blockaded the rail line as a way to make Canada listen.

Burkowicz, who focuses on social movements he teaches at Douglas, said that this protest shares some characteristics with other movements in history but is also uniquely Indigenous.

“I think the camps themselves have basic features of an occupation,” he said. “It looks like an iteration of Oka; it seems to have something shared with Occupy Wallstreet. I don’t necessarily think they’re the same thing as these past protests because it’s not just an occupy tactic: This is a reoccupation of traditional territory.”

He also said that, despite media reports that the RCMP and the hereditary chiefs have reached an agreement, that is not the full story.

“After [the] violent arrest of 14 people, the hereditary chiefs essentially backed down,” he said. “The media have claimed that a temporary truce has been made, but what I really think is going on is that they’re giving in to the violence. I worry about the temporary truce. I think that’s putting a really positive spin on what’s essentially an act of bullying.”

The court injunction that was passed in December will continue to be in place until those defending Wet'suwet'en land file a response in court at the end of the month.

Can Douglas College sustain a population increase?

› Metro Vancouver projected to increase by a million by 2050

Katie Czenczek
News Editor

A recent report conducted by senior regional planner Terry Hoff estimated that the Metro Vancouver region will increase by a million people by the year 2050.

Posted on Metro Vancouver's website, the report found that 2016's population of 2.57 million people is projected to become 3.57 million in approximately 30 years. While the report did not specify the demographics of this estimated population, it does provide context for the kind of population increase Douglas College campuses will face in the upcoming years.

The Institution Accountability Plan and Report for 2017 to 2018 states that the college currently educates over 23,500 students yearly. This number includes those students taking part-time, full-time, and non-credit courses. International

students make up 26 percent of annual course registrations according to the data.

When the report translated part-time and full-time students into full-time equivalent students, it was found that the college has 10,700 full-time equivalent students per year.

Interestingly enough, both the Metro Vancouver population projections and Douglas College's demographic data for last year overlap when it comes to location. Surrey, which is expected to experience a major population increase over the next two decades, is the municipality that contributes the greatest number of Douglas students—24 percent of Douglas students are Surrey residents.

In fact, Surrey is the fastest-growing population in the Metro Vancouver region, and if it continues growing at its current rate, the city's population will be merely a couple thousand short of the City of Vancouver's population.

Despite the spiking population increase that is expected to occur, Douglas



College's data shows that the college is only expecting an estimated three percent increase in enrolment by 2027. Granted, the compiled data does note that this is dependent on economic, migrative, and social factors. Given what city planners are projecting, the college's data may not fully acknowledge the expected increase.

The Institution Accountability Plan and Report also highlighted the areas where the college either met requirements or needed improvements for student spaces. Nursing and other Allied Health programs exceeded the target set by the college, while spaces for students in Developmental programs fell well below target by almost 200 spaces.

Considering the Anvil Centre

expansion that took place last year, we might see campus expansions all over New Westminster and Coquitlam to account for the expected population growth. Even in 2017, Douglas College looked at 26 possible leases in order to provide more classroom and student spaces.

With accounting and business classes already filling up fast, it is hard to see what the future for the college will look like—especially when it is dependent on how many 18- to 24-year olds are moving to the Lower Mainland. It is, however, easy to guess that the college will need to brace for expansion: More classroom spaces, professors, and resources will be necessary in order to meet the region's post-secondary education needs.

BC post-secondary students potentially set to receive 24/7 mental health support

› Part of larger mental health initiative

Naomi Ambrose
Staff Writer

Post-secondary students hoping for more mental health support may soon have their wishes become a reality. According to a press release from the BC government, there are upcoming plans to launch a virtual mental health service that includes mental health counselling and additional resources for post-secondary students.

Duane Seibel, Douglas College's Director of Student Affairs and Services, shared his thoughts about the upcoming service in an email interview with the *Other Press*.

"[I'm] excited to have additional supports for our students," said Seibel. "The announcement is very recent," and he "eagerly await[s] more detail on how this service will roll out and how it will enhance the support currently available to students."

Seibel also said, "I hope that the new provincial program will [...] provide seamless and coordinated support whenever a student might require it."

Tanysha Klassen, a fourth-year BA Psych Honours student, shared her perspective about the new service.

"It's an especially important initiative in our current climate as mental health is becoming less and less stigmatized, which is resulting in more and more students looking for these services," said Klassen in an email interview with the *Other Press*.

When asked whether she believes that the initiative is enough, Klassen—who's also the Director for External Relations for the Douglas Students' Union—added, "Although this initiative is important [...] we [have] about as much [information] as everybody else does."

Klassen further explained that the DSU has yet to hear the specifics of an implementation date or program details. "There really is no concrete plan

set out. From our understanding, this announcement was a request for a proposal and the government is now waiting for organizations to propose their own plans for this program.

"Furthermore, until the proposal is chosen, we don't really have any judgement to pass on whether or not it is enough; at this point, the government showing support on this issue is a great first step and we will be awaiting the announcement of the successful proposal," said Klassen.

The release also included additional information to further explain the reason for the 24/7 mental health support. According to the press release, the 15-to-24 age group is more likely than any other

age group to report mental illness and/or substance-use disorders.

Melanie Mark, Minister of Advanced Education, Skills and Training, shared her thoughts about the significance of this new initiative.

"Adjusting to a new environment, learning to balance classes with new jobs, new friendships and relationships can be challenging for students who may be living away from home for the first time, far from friends and family," said Mark via the press release.

Mark also added, "Presently, there is no provincewide resource available to post-secondary students and where there are resources, students often lack after-hours access."

With regards to Mark's comments about transitioning into post-secondary life, Klassen had some thoughts to share about her experience during this period of flux.

"For me personally, my transition to post-secondary was reasonably smooth. However, having more services in place is always a benefit for all students," said Klassen.

To further elaborate on the urgency of the service, the release included results of a 2016 National College Health Association survey among Canadian post-secondary students. According to the findings from the survey, 44.4 percent of students felt it hard to function because of depression at one point in the previous year. Thirteen percent had contemplated suicide while 2.1 percent had attempted suicide. The findings also stated that 18.4 percent of post-secondary students had been "diagnosed or treated by a professional" for anxiety.

The 24/7 mental health support service is part of a series of upcoming mental health initiatives for post-secondary students that are expected to be launched this year. The release did not indicate when this new support service would be launched.



The great wall of US-Mexico

› And what that means for US-Canada relations

Tania Arora
Staff Reporter

It's been a month since the US government was shut down, and it still appears that Republicans and Democrats have yet to reach a consensus about the Mexico-US border.

In December of 2018, the US government shut down due to the president's and lawmakers' failure to come up with an agreement to fund parts of government, including the proposed border wall. President Donald Trump had been looking for a way to prevent undocumented asylum seekers from reaching the US. This has so far been the longest US government shutdown in history.

According to US Customs and Border Protection's data, "In November, 51,856 people were apprehended between ports of entry on the Southwest Border, compared with 51,001 in the month of October. In [the fiscal year of 2018], a total of 396,579 individuals were apprehended between ports of entry on our Southwest Border."

The administration requested funds amounting to \$5.7 billion in order to construct a 234-mile barrier on the southern border. Trump's government demanded \$675 million to come up with systems and fund manpower that would supposedly detect and stop arms, weapons, narcotics, and other illegal items from entering the country. Other requested resources amounted to billions of dollars to hire additional Border Patrol agents, ICE personnel, immigration judges, detention beds, support staff, and transportation.

"Now is the time—this is the moment—to finally secure the border and create the lawful and safe immigration system Americans, and those wanting to become Americans, deserve," said Trump in a national address on January 8.

The wall has been criticized for being an expensive and unreliable endeavour to keep people out of the US. Some naturalists

have even warned that it would interrupt migration patterns for many animals that travel between the US and Mexico. Moreover, Trump has been criticized for depicting all asylum seekers as dangerous when in reality, many families bring their young children across the border while fleeing violence.

According to the Trump administration, more than 2,000 "inadmissible" immigrants arrive at the border every day. More than 800,000 cases are pending in courts. Many individuals have been arrested, charged, and imprisoned, making it difficult for undocumented immigrants to obtain citizenship.

It should be noted that it is currently not illegal for migrants to cross borders with the intent of seeking asylum—in fact, asylum seekers can only apply for asylum once they are in the country they intend to seek asylum from.

Sarabjeet Kaur Gill, an international student studying Finance at Douglas College, said in an interview with the *Other Press*, "What is even Trump trying to get out of this? We already have so many borders separating the nations [...] Next we hear will be Trump planning to build a border with Canada. This is inhumane."

Some speculate that the border wall will only change the way that undocumented immigrants enter the US, which could impact Canada. People may choose to fly into Canada and then go across the Canada-US border due to its looser border restrictions. As a result, it could lead to Canada and the US having tighter borders as well.

"It's like putting the whole country at stake to get the demands fulfilled," said Gill. "This doesn't seem like protecting the nation at all. He has separated more than millions of families, tagging the action as 'protection of the country.' He isn't building anything. The whole process has just led to a big-time destruction, [the] effect of which will be borne for generations to come."

Feud between Canada and China

› International controversy involves the arrest of Meng Wanzhou

Tania Arora
Staff Reporter

What happens when you are on a flight to another destination and you get arrested during a layover?

Meng Wanzhou, Chief Financial Officer of Huawei, is currently in this predicament. The case here is all about power and money, which has caused a worldwide stir. Vancouver seems to be in the spotlight after what has become an international controversy.

said Thakkar. "Dirt is spilled upon Canada for no reason. The only fault of the country was to sign the treaty with [the] US. It has become unsafe for Canadians to now travel to China."

China has been demanding the release of its citizen since the arrest. Since being released on a \$10-million bail, Meng has been kept under tight scrutiny at an unknown location in Vancouver. Her each and every movement is being monitored.

On December 21 of last year, Chrystia Freeland, Minister of Foreign Affairs,

“This will affect the long-term relations between Canada and China.”

– Saksham Thakkar, international student at Douglas

Also known as Sabrina Meng and Cathy Meng, this Chinese executive is one of the board members of Huawei. The telecom giant—which is one of the China's largest private companies—was founded by Meng's father Ren Zhengfei.

Canada was not directly involved with the case but had to arrest Meng on December 1, 2018 due to the Canada-US Extradition Treaty. This treaty is intended to assist both countries in arresting criminals who are not on local soil.

The feud between Canada and China seems to be getting worse: China has so far detained at least two Canadians over alleged security threats and ordered the execution of Canadian Robert Schellenberg, who had been previously given a 15-year sentence for drug smuggling.

Saksham Thakkar, an international student at Douglas College, said in an interview with the *Other Press*, "One can easily see [the] US slipping out of the whole situation."

Meng is accused of using a shell company to do business with Iran, in violation of US sanctions against Iran.

"Here, the countries involved are Iran and [the] US, and Meng is from China,"

released an official statement regarding the issue of Canadian citizens held by China.

"Canada is a country governed by the rule of law. Canada is conducting a fair, unbiased, and transparent legal proceeding with respect to Meng Wanzhou, Huawei's Chief Financial Officer," said Freeland. "Canada respects its international legal commitments, including by honouring its extradition treaty with the United States. The rule of law is fundamental to all free societies; we will defend and uphold this principle. We are deeply concerned by the arbitrary detention by Chinese authorities of two Canadians earlier this month and call for their immediate release."

It seems totally uncertain as to how long will it take for the US to complete its investigation and Canada to release Meng. However, as the proceedings stretch on, China may continue to arrest Canadians abroad.

Thakkar added that he thinks this controversy will have lasting effects on the two countries.

"China is all set to fight for it," he said. "It won't remain silent—and in the whole process the harm would be suffered by no one but Canada. This will affect the long-term relations between Canada and China."



Photo of Meng Wanzhou by Alexander Bibik via Reuters

- 'Vice' film review
- 'Snotgirl: Volume Two' comic review
- Great card games for groups

...and more!

Party games for poor decisions

› Great card games for groups

Sonam Kaloti
Arts Editor

Card games are a great form of entertainment among old friends, just as much as they are valuable for breaking the ice. Here are some lesser known-games that may be worth your while (but may be more worthwhile at a party).

What Do You Meme?

In my humble opinion, any meme game is a bad meme game. Upon opening the box, you get a little easel to prop up the meme card, which is an image that everyone in the group must caption with one of the cards in their deck. The meme pictures are either old 2006-esque images or strange stock photos. I was raised in the virtuous land of Tumblr memes, where sometimes there were goats scaling mountains captioned with “they crave that mineral,” and it was comedy gold. Perhaps I am simply nostalgic for better memes, since *What Do You Meme?* seems to be a disappointing representation of the recycled and overproduced “Instagram

memes” we get today. The caption cards are humorous and reminiscent of *Cards Against Humanity*, taking on witty, and some slightly disturbing, tones (see: “When she wants to meet your dad but so do you”).

Drunk Stoned or Stupid

This game can be played in two ways. The judge picks out a card, which can read anything from “Says they ‘literally failed that test’... gets a 98 percent,” to “Is a little bitch”—and then the rules split. As an icebreaking game, each person, in order from the first person to the left of the judge, tries to convince the judge as to why they should be “tagged” with the card. With classic rules, the player would try to convince the judge of who in the group should be tagged with the card. I think the premise of this game is fun and will bring up a lot of embarrassing history between you and your friends. With that, I think it also has room to solicit drama, which is always fun (not really). As an icebreaking game, I always say mutual vulnerability fosters closeness, so telling a bunch of strangers about the worst decisions



Photo of 'What Do You Meme?' via TechCrunch.com

you've ever made is bound to start some interesting conversations.

Never Have I Ever

Sure, you can come up with these on your own, but that's a lot of brain power. Most scenarios I've been in where a group is playing the traditional Never Have I Ever turns into a slight embarrassment for the person whose turn it is; no one wants to seem too lame or too wild. Well, now you can be more embarrassed because this card game manages to put each individual *more* on the spot than ever before! Each player must have 10 Play Cards at all times,

which are “examples of poor life decisions,” according to the rulebook. The round starts with a Rule Card being put in the middle, which decides what players must do for that round, such as “I get to pick any Play Card in my hand and make someone answer it.” If you are guilty of a Play Card, you get to display it in front of you on your “wall of shame,” and the first person to win 10 Play Cards wins. Surely a great game for when you want to break the ice by admitting you've “Flirted with my best friend's partner to see if I could get them in bed.”

Tune in and Dropout: CollegeHumor delves deep into the world of podcasting

› Dropout TV's five fresh podcasts for every corner of the internet

Jacey Gibb
Distribution Manager

The jokesters over at CollegeHumor launched their own comedy streaming platform Dropout TV. I'm here to tell you if their exclusive content is worth the subscription fee.

Considering how long CollegeHumor's been in the game, it's impressive that they've only recently jumped into the overcrowded pool of podcasting.

Seriously, as a company that's been around since 1999, the only podcast I could find before this most recent slate that even comes close is *If I Were You*, which is hosted by CH alumni Jake Hurwitz and

Amir Blumenfeld. However, CollegeHumor is on board with the podcasting renaissance and they have a diverse slate that's ready for eager earbuds. Here is a rundown of the five podcasts being offered on CollegeHumor's new streaming service Dropout.

The CollegeHumor Podcast

Head writer Mike Trapp and various cast and crew members discuss rejected sketch ideas, answer questions from fans, and perhaps most importantly, roast their coworkers about their weird workplace habits.

Erotic Book Club

Cohosts Rekha Shankar and Jessica Ross

discuss whatever offerings the deepest, most sexually repressed corners of the internet have tucked under the mattress.

Adventuring Academy

Brennan Lee Mulligan (host of the excellent Dropout show *Dimension 20*) continues his crusade as resident roleplaying expert with a podcast on advice for beginners and veterans alike.

Raph's Hall of Fame

Join cast member Raphael Chestang as he dives into the “funny, moving, and downright weird side of sports,” which I promise is more interesting than it sounds.

Tales from the Closet

Ally Beardsley interviews members of the LGBTQ+ community from before they were out, all while hanging out on a dungeon-esque set.

I opted not to assign a numerical rating for these shows, simply because of how much they vary from Dropout's other exclusives. For one, Trapp mentions in the first episode of *The CollegeHumor Podcast* that people could be listening either online or through the Dropout TV app, so I assume that audio-only versions of each podcast will be making their way online in the near future. Currently, the only place to listen to them is via their video format

exclusive to Dropout. The shows are also listed under the “Podcasts” banner on the website, so I'm going to keep classifying them as such.

Here's the thing: Rarely have I ever listened to a podcast and thought to myself, “Man, I wish I could see the people talking for an hour instead of just listening to it!” It's cool seeing the cast members for a few moments, but much like any other podcast, I quickly relegated it to background noise while cooking dinner or any other menial task. (Bonus marks to *Erotic Book Club* and *Tales from the Closet* though for their unique set backgrounds that aren't just the CollegeHumor office.)

It's no fault of the podcasts themselves. The shows are very entertaining, with *The CollegeHumor Podcast* especially being a neat opportunity to see the cast members out-of-character and simply interacting with each other. I just don't want to watch them do it for an hour when it can be playing during my morning commute instead.

All in all, the video versions of CH's original podcasts are nice fodder for the Dropout TV platform, but they don't offer much in the way of viewing. I look forward to when the episodes become available on other podcasting platforms so they're easier to listen to.



Image via College Humor

'Glass' shatters expectations

› 'Glass' movie review

Sonam Kaloti
Arts Editor

Glass fully immerses you in your fears. The film stars Bruce Willis as David Dunn, Samuel L. Jackson as Elijah Price, and James McAvoy as The Horde. It was directed by Manoj Nelliyattu "M. Night" Shyamalan and released on January 18.

The Horde is a group of about 24 different personalities portrayed by McAvoy. One of these personalities is Hedwig, an eternal nine-year-old. He is extremely lovable and naïve, making him my favourite character. He is characterized by his heavy lisp and random dancing outbreaks. The Beast, another of these personalities, is the main antagonist of the film. The Beast's sole mission is to protect Kevin Wendell Crumb, the original boy behind The Horde.

You are taken into the past and relive the very tragic backstories of the main characters—some of which involve being abused (a steam iron scene is still playing in my mind), losing loved ones, and being bullied.

Camera angles in this movie are experimental and used in an uncommon



Promotional image for 'Glass'

fashion. Sometimes you are walking behind a character's head, making you feel as though you are in the movie experiencing the events firsthand. With this, the surrounding view is limited. The movie makes great use of humans' fear of the unknown, using darkness to obscure your view.

Suspense is heightened by skillful use of silence, as well as sounds of storms and ticking clocks. Audio is vital in this movie; paired with the immersive shots, you feel all the scenes personally. *Glass*

does a fantastic job of capturing common fears and making them come alive. You experience drowning, being eaten alive, being shot, and many more terrifying scenarios.

Glass, as a sequel to previous films *Unbreakable* (2000) and *Split* (2016), brings back main characters and intertwines them to form a new storyline. However, if you haven't watched the previous movies, following the story is a difficult task. I, myself, had only watched *Split* when it first came out, but two years later I didn't

remember enough to easily follow along. In fact, 50 minutes in I still didn't know what was going on due to the sheer number of storylines happening at one time (luckily, 25 minutes later the plot points finally started falling into place).

The intentions of characters finally begin to unravel close to the end of the movie. The plot twists are set up very well throughout the movie, making it seem like you could have figured it all out on your own.

Alongside the relatable fears that you must experience in an all-too-real fashion, a lot of the motivations and sentiments are relatable as well. One example is the envious cry of, "There just can't be gods amongst us. It's just not fair!" by a mortal character in the film.

Due to the vast storylines that, though difficult to follow at first, serve as mirrors of the darker aspects of our lives, *Glass* creates the immersive experience that all horror-thriller movies aspire to capture. *Glass* is a recommended watch, but I would suggest watching *Unbreakable* and *Split* first in order to fully understand and enjoy the sequel.

Outside 'Kim's Convenience'

› The cast of Canada's number-one comedy beyond the show

Jerrison Oracion
Senior Columnist

Everyone's favourite Appa is back with the new season of *Kim's Convenience*, which premiered earlier this month. So far, this season is great, with lot of things happening that I cannot give away.

The actors in the show are great people and they are very approachable—in fact, I talk to them regularly on Twitter. Before and during their time on *Kim's Convenience*, the actors have been involved in other shows and projects, so you might have seen them elsewhere. Here is some background on the cast of Canada's number-one comedy.

Paul Sun-Hyung Lee (Mr. Kim)

Sun-Hyung Lee is a fan of a lot of works including movies like *Star Wars*, *Star Trek*, *The Avengers*, *Ghostbusters*, and especially martial arts films. He even built his own proton pack and brings it to conventions. He also likes Kendrick Lamar.

Born in South Korea before his family moved to Canada, Lee was first seen in the cult classic Global soap opera *Train 48*. Also, he was seen in the documentary program *Mayday* in the episode about Korean Air Flight 801, in which he played the captain of the flight. This is where he began developing Mr. Kim's accent for *Kim's Convenience*, though it is one of those episodes of *Mayday* that is sad. Recently, Lee hosted *Canada's Smartest Person Junior*, which was entirely different from the regular version of the show.

Jean Yoon (Mrs. Kim)

Yoon has been in the entertainment industry for a very long time. She is one of those people who has been in a lot

of shows that you probably watch. One notable show that she was in is *Orphan Black* as chief coroner Janis Beckwith. She is also currently in another show called *The Expanse* as Captain Yao. Yoon is a fan of Yoko Ono and she wrote and performed a play paying homage to the Japanese artist. Yoon is outspoken on Twitter, often tweeting about politics, especially on Doug Ford and Donald Trump.

Andrea Bang (Janet Kim)

Burnaby's own Bang not only acts, but she creates media as well. She is the sister of Diana Bang, who you might know from *The*

Interview. Bang does a web series on her YouTube channel called *Inanimate Funnies* where she uses stop-motion animation to make things come to life, and she invites other people from *Kim's Convenience* to be involved in the show. Also, she wrote a few short films including *Playdate*, *Lucy Dies*, and recently with her sister Diana, *Karaoke Mamas*, which was funded by a grant from Storyhive.

Simu Liu (Jung Kim)

You could describe Liu as the person in the show who is smokin' hot. He can even do backflips, which he demonstrates in

his videos on Twitter. Outside of the show, he is currently in a web series on YouTube called *Yappie*. He and Tina Jung (Jeanie Park on *Kim's Convenience*) both wrote and starred in the short film *Meeting Mommy*. Liu even posts videos of himself singing with his guitar. He once sang the national anthem during a Toronto Raptors game. He speaks out about Asian representation in the entertainment industry on his Twitter account. Maybe in the future, we'll see him in a superhero film.

Kim's Convenience airs Tuesdays at 8 pm on CBC as part of CBC Comedy Tuesday.



Promotional image for 'Kim's Convenience'

A stylishly snotty story

› 'Snotgirl: Volume Two' comic review

Sonam Kaloti
Arts Editor

Snotgirl is a comic that follows the highs and lows of glitzy fashion blogger Lottie Person. Volume one of this series has a plot centring mainly on introducing Lottie to the world, alongside all her quirks and larger-than-life personality. The second half of the first volume, however, begins to take a hellish slope into bleaker subject matter. *Snotgirl* volume two continues the ominous storyline as it delves deeper into the darker side of this fictitious world.

Snotgirl is scripted by Bryan Lee O'Malley—writer and artist of the graphic novel series *Scott Pilgrim vs. the World*—with artwork by Leslie Hung. *Snotgirl* volume two, containing Issues 6 to 10, was published on May 23, 2018.

The artwork alone is good enough to buy the comic. The features are representational of traditional comic art, but the anatomy and expressions are realistic. The colours done by Rachael Cohen are also vivid and beautiful. I think one of the main reasons I love *Snotgirl* is because of the mystical quality of the art. It looks like a more beautiful version of our world, but one still within reach—as though if we only had long, shiny green hair, we could have the deific demeanor



Promotional image for 'Snotgirl Volume 2'

of Lottie too. Another interesting aspect is how some characters are drawn and coloured without makeup, then in other illustrations they are wearing different makeup on different days, capturing how people are in real life.

Seeing as Lottie and her friends are bloggers, with Lottie being a fashion blogger, there had to be a focus on fashion in the art—and there is. Every page models Lottie and her friends in gorgeous fashion-

forward outfits. Whether she's wearing a short, metallic blue dress with a heart cut out above her bust and matching, thigh-high platform heels, or a fluffy pink tube top, Lottie's trendiness is always cut with a specific edge (possibly her bright green hair).

Lottie is a magnetic personality. She is the centre of attention in the readers' eyes as much as in the perspectives of other characters around her. Every guy wants

to be with her (and every girl, too), yet she blatantly dismisses them. Somehow, though, it doesn't seem rude because it's just a Lottie thing. The characters around her have posters of her above their beds, pictures of her on their walls, an obsession with her blog, and even purchase the clothes she sells just to be like her. Reading *Snotgirl* makes you feel like really, *you're* the centre of attention, which just adds to the fun.

What keeps Lottie grounded (and the reader from hating her) is that she's not so perfect. She has a major secret—allergies—hence the comic's name. She keeps her embarrassing, mucus-y truth from all her friends (except for one who figures it out and nicknames her Snottie).

Lottie's witty humour shows up in just about every conversation she has, down to the nicknames she has for everyone she knows: Misty (Cutegirl), Meg (Normgirl), Caroline (Coolgirl), et cetera. Her friends are just as entertaining, as Lottie and her two best friends hold a "haters' brunch" every month just to hate on things.

Besides her runny nose situation, and despite seeming like she's got it all, the poor girl can't seem to catch a break. Lottie explores murder mysteries, romance, insecurities, and all things fashion fame brings in *Snotgirl* volume two.

Unfocused entertainment

› 'Vice' film review

Roshni Riar
Staff Writer

Adam McKay's 2018 *Vice* is a wild ride. It follows the political path of Dick Cheney, who has largely been considered the most powerful and influential vice president of the United States ever.

Christian Bale is unrecognizable as Cheney, former vice president of the United States under the George W. Bush administration. Comparing photos of Bale during filming and Cheney himself, it's hard to distinguish who is who. From the way Cheney's mouth moves when he speaks, to his body language, Bale is fully committed to playing Cheney so accurately that I often forgot I wasn't watching the real Cheney.

Overall, the cast is impressively stacked. The main supporting cast is an interesting mix of talent, with Amy Adams as Lynne Cheney, Sam Rockwell as former POTUS George W. Bush, and Steve Carrell as former United States Secretary of Defense Donald Rumsfeld. The makeup and prosthetics in the film are astounding, striking me as incredibly natural-looking. They help complete all of the cast's transformations over the 40-plus years the film spans.

The film is more entertaining than I anticipated it to be, considering that half of it deals heavily with Dick Cheney's influence and decision-making surrounding the War on Terror. I went in expecting a factual, in-depth biopic about

Cheney's rise in politics and later the White House—but that isn't at all what I got. Surprisingly, at times it's downright hilarious. The moments of hilarity come from constant meta, self-aware jokes, fourth wall breaks, and red herrings. A fake credit roll in the middle of the film tells the audience that the Cheney family retired from politics for good to breed golden retrievers during the Clinton

administration—signalling the end of the film—only to throw us back into the story with George W. Bush asking Cheney to be his vice president. This particular moment had the audience howling during the screening I saw. It's unexpected, much like a lot of the out-of-left-field humour that peppers the story.

The film is narrated by a fictitious Afghanistan and Iraq war veteran and

honestly, it doesn't need to be. The narrator spends much of the movie covering missing chunks in time or explaining actions that could have just been shown with equal if not more effectiveness. The fact that the narrator is a veteran of the Afghanistan and Iraq wars—a conflict that Cheney had a hand in—isn't lost, it just doesn't hit the mark emotionally the way I think it was intended.

The film's composition echoes McKay's 2015 film *The Big Short* in a number of ways. A story is told—an intense, shocking story—with the help of off-the-cuff humour and both historical and modern video clips spliced in between scenes. The use of random clips altered the viewing experience for me, at times taking me out of the film. It seems too aware of itself and its intention, almost feeling like a bizarre YouTube video at times. I understand that the clips are all placed into the movie for a reason—all relating to the American way of life or wars with American involvement—but there are a lot of cutaways that don't feel particularly necessary to the story, ultimately making it feel scattered.

Intended to be a biopic on Dick Cheney's life, the film is more amusing than informative. I walked in with a preconceived notion of who Dick Cheney is and I don't feel like that notion was challenged or fleshed out at all. I still don't know who he truly is, but perhaps that's the point of the film. No one knows, which is scary to ponder considering how powerful he once was.



Promotional image for 'Vice'

LIFE & STYLE

The stone age

› Drag artist Alexis Stone reveals fake plastic surgery transformation

Roshni Riar
Staff Writer

If you've had Instagram in the past year, you've probably seen an Alexis Stone makeup shot. In 2018, the British drag and makeup artist—whose real name is Elliot Joseph Rentz—became known online for their impressive makeup transformations into celebrities like Joan Rivers, Nicki Minaj, and Cher. A particularly well-received transformation into Kim Kardashian garnered so much attention that it landed Stone on the cover of *Tush*, painted as Kardashian herself.

Through their rise to fame, Stone has been no stranger to criticism. Dabbling with cosmetic procedures such as Botox, nose jobs, and cheek fillers to help enhance their look, they were often met with scalding Instagram comments. In the face of this constant judgement, Stone decided to attempt a transformation like no other before: Faking extreme plastic surgery à la Jocelyn Wildenstein, whom Stone has repeatedly cited as a style inspiration.

In an interview with *Paper*, Stone said, “When I sat down and decided I wanted to show these severe transformations, I was about two weeks into sobriety. [...] This project and my sobriety went hand-in-hand. Before I had any plastic surgery, people called me a ‘botch monster.’”

Stone said they embraced this vicious name-calling in their own fashion.

“When I got [plastic surgery], people called me a botch monster. So, I took things that were already there and I ran

with it. I said, *fuck it*, let me take this rumour, this accusation, this comment, and let me give you what you want.”

Enlisting the help of David Martí—an Academy Award-winning makeup artist best known for his work on *Pan's Labyrinth*—Stone set out to create a new face. Martí, based in Barcelona, began by making casts of Stone's face, later modelling a new face with silicon so it could be easily put on and painted over.

The transformation began in mid-October 2018, when Stone publicly announced they were heading into surgery. Martí went so far as to send Stone a prosthetic face that looked freshly recovered from plastic surgery, which Stone wore for a photo posted to their Instagram assuring everyone the surgery “went smoothly and on schedule.”

On November 10, Stone uploaded a photo with their main prosthetic face applied. The caption underneath the photo expressed that Stone hadn't “felt this happy and confident in years”—but the comments had little regard for their happiness.

As Stone began regularly uploading content with their new face, comments such as “Destroyed face!”, “Why would you do this to your face?”, “You've ruined your life!”, and “You are mentally ill!” began flooding in, overshadowing those who supported Stone's happiness.

The public was convinced; Martí's prosthetics were incredibly realistic and Stone took the extra measure to wear them out in public in order to keep up the

illusion. The two-month project—which saw 22 photos and four YouTube videos featuring Stone's new face—was laden with violent hatred and judgement.

Stone lost friends, relationships, followers, brand deals, and paid sponsorships while simultaneously navigating through the toxicity being hurled at them whenever they uploaded a photo or video with their prosthetic face. Not only was it personally taxing, but Stone's livelihood was negatively affected in the process.

A one-minute YouTube video titled “The Stone Age” was uploaded on Instagram and Facebook on New Year's Eve—initially understood as a brand deal between Stone and The Crème Shop—opening on Stone slowly smoking a cigarette before looking to the camera and ripping off the prosthetic face. As one would think, the internet's amazement spread like wildfire.

Stone has gained over 40,000 followers since the New Year's Eve reveal, which doesn't yet come close to making up the 60,000-plus followers they lost over the few months they were uploading photos with their “new” face. The spike in new and returning followers is also bringing in an outpouring of love, with many people praising them for their experiment and apologizing for judging them.

A recently uploaded YouTube video, *The Making of Alexis Stone*, chronicles the decision-making and creation of the

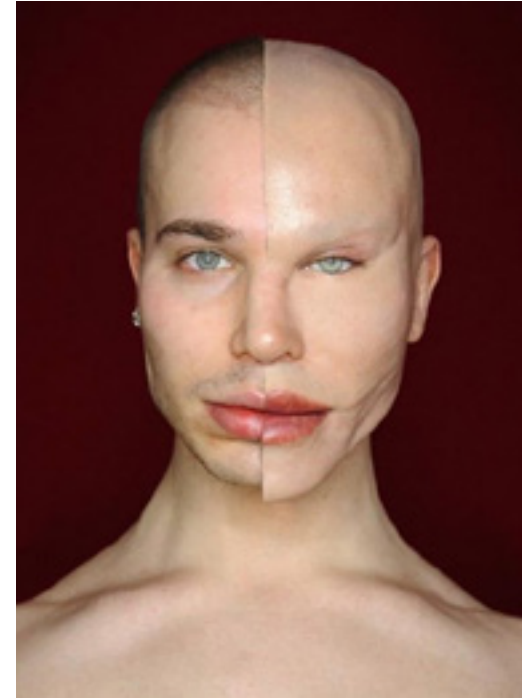


Photo of Alexis Stone via thealexistone on Instagram

new face, capturing a lot of Stone's raw emotional responses to the situation. Throughout the 35-minute YouTube video, they appear nervous, thoughtful, and excited for what the project could bring. It ends at the initial reveal in November, and fans have been urging Stone to release more footage of the transformation period.

Stone viewed this project as just another transformation, like the many that propelled them into Insta-fame. This one simply didn't receive the acclaim that turning into Johnny Depp or Ellen would have. They have stated in interviews that they believe this reception speaks to the judgement and narrow standards surrounding cosmetic surgeries. Comparing the project with what landed them in the spotlight, they see all their work on Instagram in the same light—as transformative performance art.

Peak denim

› The acceptance of low-rise?

Isabelle Orr
Entertainment Editor

Ah, jeans. What other article of clothing can strike fear into the hearts of shoppers more than the dreaded denim? With the right fit, jeans can be as comfortable and relaxing as watching *The Devil Wears Prada* for the 64th time.

We've really seen it all in the past year—wide leg, slim leg, torn knees, torn hems. Lately, as mainstream fashion turns its fickle eye towards the '70s for inspiration, the previously banned indigo denim has been revived on Calvin Klein and Ralph Lauren runways. It feels almost sacrilegious to even think of wearing a dark pair of jeans after what feels like a decade of acid and light wash—and that's not even the worst news.

“Low-rise jeans are due for a comeback!” exclaim big magazines like *GQ* and *Man Repeller*. Their articles are studded with pictures of slim celebrities like Bella Hadid and Keke Palmer, both of whom could wear three garbage bags tied

together and look better than I did at my high school prom. Low-rise jeans call to mind horrible fashion mistakes from the early 2000s, such as wallet chains, puffy sneakers, and Baby Phat. On top of looking dated, low-rise jeans seem to only highlight every square inch of excess chub on one's frame, while exposing the tender midriff to the cruel hands of nature. That's why my soft body is always firmly encased in stiff, high-waisted denim that is thick enough to stop bullets.

Trend forecaster Ayesha A. Siddiqi has scoffed at the alleged reemergence, saying on Twitter that low-rise coming back is a “false forecast.” In fact, she stated, “We've reached peak denim you can wear [whatever] jeans you want and be ok.”

Siddiqi is definitely onto something. Take the Jesse Kamm sailor pant, which I declared “the worst thing I've ever seen” when I first saw it on social media. They were the complete opposite of the skinny jeans of my youth and were declared “weird-looking” by almost every cis straight man in my life (of which there are few).

After seeing the sailor pant in a couple of Madewell Instagram ads, filtered through some models I follow, and finally seeing it on real-life people, I am now the proud—if not broke—owner of two separate pairs.

Seeing articles of clothing on different platforms, styled different ways, and modelled by people of all different sizes makes almost anything palatable. We're so oversaturated with clothing of every fabric, shape, and colour that at this point low-rise jeans don't seem that crazy.

During every fashion cycle, I attach myself to an article of clothing—2010: skinny jeans, 2011: cardigans, 2012: peasant tops—and declare to the world, “This is me now!” But as trends change, my one “thing” often falls to the wayside—and that's okay! As most fashion-conscious people know, clothing trends are eerily cyclical. While I'm definitely not going to jump on the low-rise jeans this time around, maybe when they come back in in 2031, my slim, robot body will be willing and ready to throw on a pair of Nasty Gal hip-huggers. Here's hoping!



Photo by Billy Bui

Life after her

365

Brittney MacDonald
Life & Style Editor

**“In a little under four months,
I had lost almost everything.”**

2018 was the year my mom died, and whatever else may have happened—it doesn't change the fact it was the worst year of my life.

The most impactful memory I have of my mother happened very early into getting my degree. For years, I have had a dream of being a writer. My mother, ever the voice of reason and practicality, told me that if I wanted to be a novelist that was fine, but I had to ensure I had something else to supplement that income. Basically, she said that I needed a stable career and I could write on the side, like a hobby. She loved me, so she was worried that if I chased daydreams then I'd end up with no career and nothing to show for all my hard work.

Anyway, one night I had just gotten home from class. It was late but she was still awake, sitting in the living room waiting for me. As I made myself dinner, she sat on the couch in complete silence. At first I thought she was mad at me, so I asked her what was wrong. I remember her pointing to a stack of papers and saying, "Did you write this?" What she had was a short story I had written for a creative writing class. To provide some context, my mother hadn't read anything I had written since elementary school. The story she had at that moment was an assignment that was going to be workshopped by my class the next day. I had left it on the table so I wouldn't forget it.

At this point the fear started creeping in. My mom was the reason I loved books—and subsequently writing. She was an avid reader and I was scared she wouldn't see me as good enough. However, that isn't what happened. As soon as I nodded, she immediately broke down crying. She told me about reading the story and how mind-blowing it was that something like that came out of her child. She told me how proud she was and how powerful my words were. She also said that, no matter what she'd said before—her insistence on me having a day job—she would support me in my writing because "This is what you are meant to do."

It is an amazing thing, to have the complete and utter respect and support of someone you care so deeply about. To be believed in, not just because they are family and they have to, but because they actually believe you are capable—that you

are good enough.

In my stupidity, I took her belief in me for granted. Coming to terms with her death, I have realized how much of an idiot I was. As a daughter, son, spawn, whatever, it's hopelessly easy to forget that your parents are mortal. You expect them to be around forever, so you waste time. You procrastinate progressing in your life, because making them proud of the person you've become is something for future you to worry about. I think that is my biggest regret. My mom didn't live to see me publish my first full-length novel—she didn't even live to read my first draft.

In October of 2017, my mom developed respiratory issues and went to the doctor. He attributed it to her smoking habit, as well as the fact we had discovered that there was toxic black mould in the house. We knew we had to move as soon as possible. My parents left first, staying with family while I remained until December. At some point, later in the month, we discovered that my mom had a mass in her chest. Further tests throughout October and then into the beginning of November would reveal it was cancerous. The beginning of November was filled with well wishes and determination to get better. That didn't last. By late November the tests had finally showed what it was—the worst-case scenario. My mother was diagnosed with terminal lung cancer.

It is strange the things you find out while someone is on their deathbed. For instance, I did not know that the word "lung" in lung cancer only refers to the types of cells that are cancerous. It is possible to have lung cancer in parts of your body besides your chest. My mom, for instance, had a mass in her chest but also two masses behind her eye. From what I understand, it was exceedingly painful as the days passed and the masses got larger. By the end, she was on very heavy painkillers.

By December 2017, the family and I had gathered in Kelowna for what we all knew would be my mom's last Christmas. We hadn't had a Christmas with all my sisters present in over a decade. Needless to say, it was bittersweet. I remember putting her to bed with one of my older sisters one night, and once I was in the hallway, just falling down and sobbing as quietly as I could. My sister held me, and we cried in a way

that I didn't think I was capable of.

Just that complete realization of how utter devastation feels, and having to watch the person who raised you and took care of you for the majority of your life—now reduced to a feeble, weak creature that you can't even recognize. It's heartbreaking and it turns your whole world on its head. By late December, my mom had progressed too rapidly and she could no longer be moved back to her home in Mission. She went into hospice in Kelowna and would remain there until her death on January 24, 2018.

In a little under four months, I had lost almost everything. The mould contaminated my home, my clothes, most of my possessions—and cancer had taken my mom.

As you read this, it will officially have been one year since she passed away. I am here to tell you that nothing will ever prepare you for what any of this feels like. Even now, there are things that I can't do. There are photos from my graduation in October 2017—shortly before all of this occurred—that I can't look at because I am aware now that my mom has "moon face." This facial swelling is indicative of people suffering from cancer.

However, if you are forced to watch someone you love die—and I really hope you aren't—be aware that it's okay to laugh. After we found out she was terminal, my mom gathered all of her daughters together so we could all watch her favourite movie: *Deadpool*. Having seen it before, I knew what to expect—my sisters did not. My mom and I laughed manically as we forced them to sit through the pegging scene and near-constant masturbation jokes. Those are the kinds of fun moments that you want to remember. I want to remember my mom as witty and comedically dark. I want to tell people about her weird, twisted sense of humor—and how even as she lay dying, she told everyone about her grandchildren and her daughters—including the one who was going to be a famous novelist one day. I want to remember her with the insight she gained from knowing her time was limited. She became forgiving. All those grudges she had held so tightly no longer mattered. They were whispers from a life that was over, a past her that she wanted to evolve from. That forgiveness is something she wanted everyone to adopt—the simple knowledge that

life is too short to be angry at each other (as cheesy as that sounds).

However, it is also okay to be angry in general. That is something I learned for myself. The Kübler-Ross model that outlines the five stages of grief—complete bullshit. There are no stages, there is just all of the emotions all at once, eating away at your brain until you snap. As awful as that sounds, it's even more awful to experience. However, it is necessary.

You'll feel cheated, and you have been. There are a million people to blame for what you are going through, and you can blame them all. If the doctor had found it earlier, if she had quit smoking, if you had paid a little more attention and made her take care of herself—there are countless scenarios and many dimensions where one small choice could have altered where you are now and what your life is now. This is something you will think about constantly, because I have thought about it. During the process, you might feel guilty for having moments when you're happy. After they're dead, you will pick up the phone to call them—you will forget they're gone sometimes, and then you'll feel like shit for forgetting something so important. I am here to say: It happens, but it doesn't make you a bad person.

Nothing makes you a bad person. No one can dictate to you how you grieve, and at no point will any of it ever be okay. Grief isn't something you get over, it is simply something you learn to live with. I'm sorry if that's hard to hear. One of the hardest things for me is the realization that other people move on with their lives. Your friends and coworkers will forget, they will complain about their parents or their loved ones to you, and you'll just have to smile and try and not strangle them for not appreciating what they have.

One year later—you'll still have a hole in your chest. You don't need to fill it. It's there to remind you of what you've lost and what you've learned from that loss. It doesn't make you incomplete or somehow less than you were before. It's a scar, a memory that gives you more insight, understanding, and also drives you forward. Life really is short and the people you know are not always guaranteed to be there. Be selfish with your time and spend it wisely.

Big releases and updates in the 'Magic' world

› Get ready for some excitement both on paper and online



Art by Seb McKinnon

Lauren Kelly
Graphics Manager

January is bringing us new releases and changes for *Magic: The Gathering*, and all the news can be tough to keep up with. There is the release of “Ravnica Allegiance” and the related events, the announcement of “Ravnica Allegiance: Mythic Edition,” and changes to the online version *Magic: The Gathering Arena*.

The success of 2018’s “Guilds of Ravnica” set has raised the hype for “Ravnica Allegiance.” This set follows the remaining five guilds: Simic (blue and green), Rakdos (black and red), Gruul (red and green), Orzhov (white and black), and Azorius (blue and white). These five guilds are an exciting assortment of playing styles that will make for a compelling draft format. The set will be released on January 25, and “Ravnica Allegiance” Draft Weekend will consume Saturday and Sunday, with special promos given out to players. The following weekend, “Standard Showdown” will start up again, so check

out Wizards Event Finder online and bring your newly updated Standard deck to your local game store.

With the release of “Allegiance” comes a slew of products. In addition to boosters and booster boxes, which come with 36 boosters and a buy-a-box promo card, there are special guild-themed boosters, bundles that come with 10 boosters and a pack of special guild lands, and Planeswalker decks that come with an exclusive planeswalker. The largest release is the Ravnica Allegiance Mythic Edition, a 24-booster box that also comes with eight planeswalker cards with a new masterpiece art treatment. These boxes are going for \$250 USD and are available at noon on January 24 on the Hasbro eBay store—not an accessible or cheap purchase, but something to look into for huge fans with some money to burn.

February will see the arrival of the Guild Kits for this group of guilds. Like the “Guilds of Ravnica” kits, they will each come with a guild-themed deck, spin-down life counter die, pin, and sticker. In April,

new Challenger Decks will be released. The first round of these came out in 2018. These were received well as they were cheaper versions of the top-performing decks in Standard, which served to help players access the format more affordably as well as lower the prices of some of the more expensive cards that were reprinted in the decks.

That’s enough paper *Magic*! The *Magic Arena* beta is receiving some big updates that players have been requesting for a while. First, *Arena* will add Best of Three to the ranked constructed format, meaning players will play until one person wins two matches. Most paper *Magic* games are played in this format already, but currently *Arena* favours Best of One, which allows for quicker games but no ability for players to adapt their decks or strategies against their opponents. A strange scenario, considering that the ability to have a sideboard has been present since early in the beta’s release.

Wizards of the Coast is also implementing duplicate protection.

In *Magic*, only four copies of a card are allowed in a deck in constructed formats like Standard and Modern (with a few exceptions). Previously, *Arena* players could receive more than four copies of a card in packs or through daily rewards, and these copies would go into a “Vault,” which players could eventually open to get some wildcards that could be redeemed for any card of its rarity. Now, if a player already owns four copies of a rare or mythic rare that they would receive, the game will automatically substitute it with a card of the same rarity. If a player has collected four of every card at rare or mythic rare in a set, they will instead receive gems that they can spend on events and packs. Here’s hoping that this big change cuts down on some of the frustration for players who have already maxed out on their favourite rares and mythics.

As you can see, January has been a big month for *Magic*, and the next few will be equally exciting. Have fun playing!

Meal prep

› Not just for health nuts

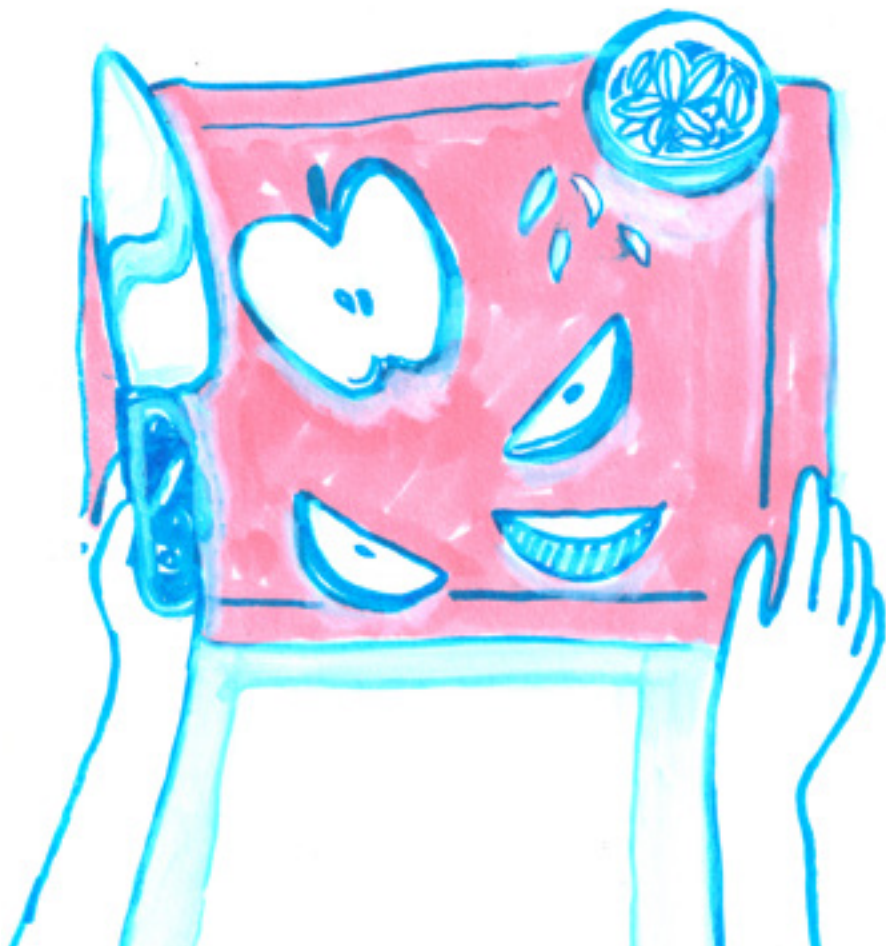


Illustration by Cara Seccafien

Brittney MacDonald
Life & Style Editor

Search “meal prep” on the internet and you’ll probably be bombarded with a million results aimed at keeping you healthy. As a self-proclaimed garbage pescatarian, my meal prep has never been centred around dieting or health. I like being unhealthy. In fact, I go out of my way to be as unhealthy as possible when it comes to my eating habits. However, meal prep does have advantages for someone like me in that it is perfectly suited for both the poor and the lazy.

Let’s begin by getting one admission out of the way—I hate cooking. It is not that I don’t know how, I just hate doing it. I much prefer the eating part. Luckily, I have both meal prep and a loving partner willing to do the majority of the cooking for me. Meal prep means that I spend less time performing a chore—because that is what I see cooking as—but still get to reap the benefits of having home-cooked meals throughout the week. If you have a slow cooker, this works out even better! You can set your meal to cook and then leave it for a few hours, so you can make food without actually having to be present. Just come back later and dish everything out.

Having pre-prepared meals also works great for anyone doing shift work, or if you have a really strange schedule set up. For me, I have certain days where I might be working at 5 am, or I might be working until after midnight. Depending on where you live, finding something to eat at those times can be challenging. Having something ready to go means that I don’t have to worry about stuff like that.

Beyond being lazy, meal prep is also cost-effective. The main component of meal planning for me is to examine how much money I can save by not buying food while I am at work or in class. A good way to analyze whether a recipe is good or not is to take the cost of the ingredients and then divide it by how many portions you can get out of it. A good meal-prep meal should generally cost you around three to five dollars—which is significantly cheaper than a full meal from even the cheapest fast food place. Keep in mind that there will be a one-time cost of purchasing the containers, but these are generally fairly cheap. You can get a basic set of 10 off Amazon for less than \$20.

I would be being disingenuous if I claimed that there weren’t downsides. Since I dislike cooking, I seek to reduce the number of times I need to do it. That means that when I do have meal prep days, they are few and far between. This has two problems associated with it. One, everything my boyfriend or I make has to freeze well. That means no potatoes, very few soups, and we usually avoid anything with lettuce or raw greens. Two, I end up eating the same thing for weeks on end. Personally, this doesn’t bother me much—but I know that this can be a deal-breaker for some. That being said, some great meal prep options are stews, pasta, breads, or anything sautéed.

In the end, perspective makes the world go ‘round. Whether you have decided to get into meal prep for dieting or convenience purposes is up to you. Meal prep is about making food that you’ll enjoy—even if it’s covered in cheese and hot sauce and can in no way be labelled as “health-conscious.”

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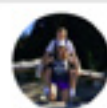
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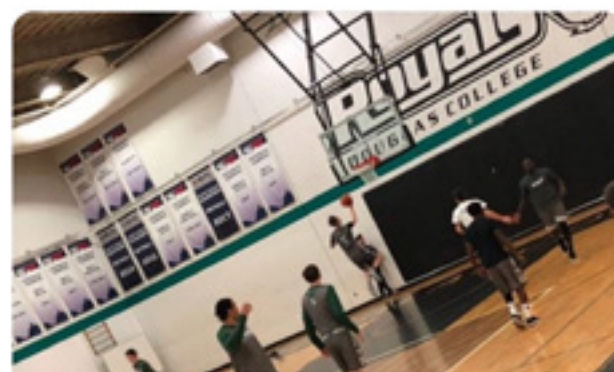
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Kim Bond
@kimbond07

Girls just won an incredibly exciting game against Langara....we are here cheering for the boys to repeat that action! #douglascollege #athletes #ballislife #basketball #beautifulbritishcolumbia #canada #newwestminster



This week’s photo is by Kim Bond

OPINIONS

- Being a pessimist isn't all bad
- #10YearChallenge focuses too much on physical beauty
- Rants in your Pants
- ...and more!

Illustration by Cara Seccafien



The power of negative thinking compels you

› Being a pessimist isn't all bad

Jessica Berget
Opinions Editor

Optimism gets too good of a rap. I think it's viewed too much as a redeeming quality in people, while pessimism is seen as a deterrent. Sure, optimism has its benefits, but people need to start understanding that thinking negatively sometimes can be a positive thing.

People often complain about being frustrated by negative people. Well, I'm frustrated by positive people. I think the refrain of "stay positive!" or "not all people are bad" is a tired, unrealistic view. It's important to look on the dark side of life. Realize that there is good and bad (but mostly bad) in everyone.

The truth is we need both pessimism and optimism in our lives because they each have redeeming qualities. However, people look down on pessimism as a negative characteristic. Being pessimistic doesn't mean you are miserable all the time; it just means you think more critically about

the world around you and more cautiously about the people you let in and the decisions you make. Still, many have their quarrels with it. To me, this critical perspective is better than wearing rose-coloured glasses and being naïve (sorry optimists).

Being pessimistic doesn't necessarily mean you're always angry—you simply expect the worst. People who are pessimistic also tend to be more practical, since they have lower expectations. Expecting the worst out of any situation or any person makes you more cautious and less vulnerable to people who prey on trusting, innocent, or optimistic people. If you are too trusting or nice because you consider yourself an optimist, people can and will take advantage of that.

Assuming the worst makes you weigh every possible outcome in any situation. It also makes you think of everything that could go wrong in a scenario, so you're mentally and emotionally prepared for it. Ultimately, it equips you for the worst and makes the outcome seem not as scary as it might have if

you hadn't planned for it.

Pessimism does have downsides—for instance, thinking negatively about yourself and your life is not going to make you successful or happy. However, optimism is not without its faults. Research has shown that being too positive makes you too trusting and overly confident, as reported by *The Globe and Mail*. Another study has revealed pessimists generally also live longer because "those with low expectations for a 'satisfying future' actually led healthier lives," as reported in *The Daily Mail*. Lead author Frieder R. Lang said about the findings, which were drawn from 40,000 adults across a range of ages, "Pessimism about the future may encourage people to live more carefully, taking health and safety precautions."

No one way of looking at life is better. It's important to harness both optimistic and negative attributes in different situations. Sure, optimism can be good for some things, but I recommend looking at the glass half-empty once in a while.

Instagram celebrity-endorsed products are a scam

› They may seem trustworthy, but think again

Jessica Berget
Opinions Editor

Every time I scroll through my Instagram feed, many of the posts I see are either advertisements or Instagram influencer endorsements. For some, buying products because a celebrity said to is a no-brainer—you shouldn't do it. For others, the answer is not so cut-and-dry.

In a 2017 poll by tech company Morning Consult to see how many people trust celebrity advertisements, it was found that 30 percent of millennials surveyed "give some credence to celebrity advertisements," and 18 percent said they trust them a lot. That's 48 percent of people who believe celebrity endorsements. I am talking to you, the 48 percent. Don't believe whatever garbage these social figures are trying to sell you.

I know it's easy to believe Instagram celebrity advertisements because they don't even seem like advertisements. There's a level of personability when following a celebrity or influencer on social media. You see their posts every day—what they eat, what they're wearing, where they're going.

It feels as if you know them personally. As a result, when they make a post about a product they say they use, it doesn't sound or feel like a commercial; rather, it looks like a recommendation or a review. It seems more trustworthy. Making celebrities endorse products adds a sense of trust and familiarity so people go for that product. Therein lies the rub.

Just because they seem genuine, doesn't mean they are. In fact, most products endorsed by celebrities on Instagram or "influencers" are a huge scam. Take the detox tea for instance, or "teatox" as they so adorably refer to it. Although many celebrities and influencers endorse the product and the many different companies that have their own, detox teas are not good for you. These companies just prey on people's insecurities to sell their products. Celebrities are only advertising these goods because they are getting paid to do it, not because they like or even use these products, which is one reason why you shouldn't trust them.

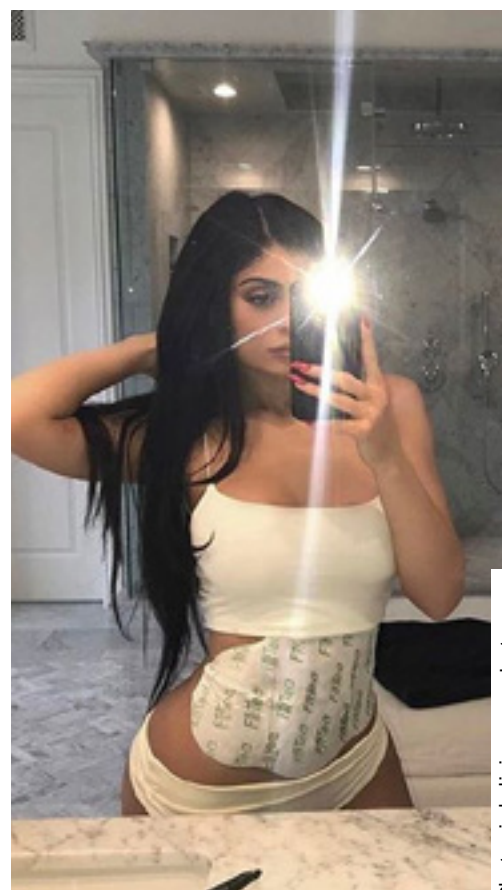


Photo via Kylie Jenner on Instagram

Furthermore, despite those "before and after" photos, these products are often ineffective and can actually be really unhealthy (as with most products celebrities are paid to advertise). For example, the primary ingredient in these detox teas is something called senna, which acts as a laxative. Lyfe Tea states outright that senna "work[s] as a laxative by smoothing the muscles as digested food moves through the intestines. This helps to move it out of the colon." It cleans out your system, all right.

This detoxing tea is not healthy or something people should be integrating into their routine, and they really shouldn't be taking it for two weeks straight as a way to lose weight. Instagrammers don't mention that in their endorsements, do they?

Think twice or even three times before considering purchasing a product you see advertised on a popular Instagram page. These people are getting paid to sell a company's products, so they don't really care whether the products work or not—and they usually don't.

The #10YearChallenge focuses too much on physical beauty

› Recent social media hashtag reaffirms what we truly love

Naomi Ambrose
Staff Writer

Social media hashtag enthusiasts, I request your attention. For those of you who enjoy participating in social media challenges, you must have felt like you were living in hashtag heaven if you participated in last week's #10YearChallenge.

If you missed out on this experience, don't despair—I will take you back to the #10YearChallenge photo fair.

When I scrolled through my Instagram feed, I noticed that a lot of my friends were posting side-by-side photos of themselves showing how they looked 10 years ago and how they look today, with “#10YearChallenge” written in the caption. The hashtag piqued my interest. Deciding to find out the magnitude of this challenge, I entered it into the search bar. What I discovered made me ponder our never-ending obsession with flawless, spotless physical beauty.

When I did the search, there were 1.3 million posts with the #10YearChallenge hashtag. Of the dozens of photos I scrolled through, a lot of them consisted of people who posed provocatively, while emphasizing the stunning changes in their face, chest, stomach, and the popular gluteus maximus.

Yes, it's true that some of the photos could have been viewed as opportunities for people to show their incredible body transformations during their 10-year weight loss journey. I'm all for celebrating achievements and goals. However, if the celebration is just done in a boastful, narcissistic way, then I think it's worthwhile to re-examine the purpose of posting these photos.

On the other hand, perhaps the #10YearChallenge is a unique way for people to inspire others to overcome obstacles, like one of the photos I saw of a challenge participant. She posted a photo of herself as a child who appeared to have

suffered some physical abuse or trauma—as illustrated with the image of a large burn-like wound across her chest and a bandage on her right shoulder. It seems this child grew up to be a tall, confident woman, based on the other photo she posted.

I wish there were more heartfelt photos like hers. If only there were more photos posted that illustrated the social, emotional, and mental hardships that people might have overcome during their younger years and show them presently as people who overcame these adversities—instead of how attractive they've become.



Photos via beauty4basic on Instagram

I await the next hashtag challenge. I hope that when the next social media fad of this sort does emerge, we'll be inspired to post meaningful photos that show more than just physical beauty.



Image from 'Star Trek'

Rants in your Pants

› Demonizing people who have different political beliefs is counterproductive

Jessica Berget
Opinions Editor

In a time where there is such a divide between left- and right-wing politics, I think it's important to hear what the other side is saying.

You can learn a lot about what the other side believes, and you may find that there are a lot of similarities with your own beliefs at the core. It may also strengthen your own opinion and make you think differently, instead of being stuck in an echo chamber of similar political beliefs and ideologies. Hearing opinions that are different from yours, no matter how much you hate or disagree with them, also challenges your beliefs so that you can learn and evolve from them.

It's important to realize that everyone has different life experiences, and that influences their beliefs. That doesn't mean they're wrong—it means they think differently, and what's wrong with that? It's just a matter of perspective. Furthermore, we shouldn't assume people are stupid just because they think this way. Such judgment is not productive and we're never going to learn or grow as people—or a society—if

we just shut down anyone or any opinion we disagree with.

I also find people disagree with the conceptions they have of the other side. They assume that others think or feel a certain way and disregard them because of it, which doesn't allow any room for dialogue or growth. I think if you talk to someone on either side without assumptions, you'll find they're mostly reasonable people. You'll probably even find some common ground.

I am reminded of a *Star Trek* episode called “Let That Be Your Last Battlefield.” In the episode, a feud ensues between two sworn enemies. The hostility began because one character has black on the right side of their face and white on the left, and the other character has the opposite—white on the right and black on the left. By the end of it, they are so divided because of their beliefs and assumptions of the other person that they end up destroying each other. It's a campy episode, a little too on the nose, and a story that has been told time after time, but the analogy is nevertheless apt in our political climate. We shouldn't let our political differences become our last battlefield.



Still from 'Wisdom Teeth Removal' video by Collins Key

What gets your goat?

› Wisdom tooth aftermath videos

Jessica Berget
Opinions Editor

When you get your wisdom teeth removed, the doctor warns you about the possible complications post-surgery—dry socket, infections, damage to nerves. What they don't warn you about, however, is the possibility that someone might film you while you're high off your ass and post it on social media, which I think may be the most painful post-surgery complication of them all.

Videos of people in the aftermath of wisdom tooth surgery are something the internet is all too familiar with. You can even find multiple video compilations with a similar title. People recording and laughing at their friend or family member while they're still high from the anesthetics is an uncomfortable trend that needs to stop. This goes for all people who film others while they are incapacitated or just not in the right mind.

My biggest fear when I was told I had to get my wisdom teeth out was not the pain, nor was it the fact that I was going to be put under. I was afraid of being high on the drugs and having someone film my embarrassing, high-out-of-my-mind antics to post online. The mere thought alone was enough to embarrass me. Thankfully my mom never did

that, but many other kids aren't as lucky.

I think to do this is an extreme invasion of privacy and respect. These people are trusting their friends or family members to get them home safely after their surgeries; instead, those friends or family members exploit their positions for viral videos. If my parents did that to me, I would never be able to trust them again.

Furthermore, people who are filming the post-surgery patients at this time are often doing so without their consent while they're saying or doing things that aren't normal or rational for them. If someone isn't coherent enough to be having a normal conversation, they should not be on camera.

Most of these videos consist of the patients sobbing, screaming, or just rambling because of the drugs, while the filmmakers laugh and sometimes even try to freak them out even more. It gets to a point where it's actually concerning. Often, I find these videos cringy and uncomfortable to watch for these reasons. Also, they're never funny. Can we stop making them now?

It's highly embarrassing to have a video of you being high and doing things that you don't remember go viral on the internet. It's wrong to take advantage of people in that situation, especially if they're a member of your family. It should be a private affair, not a viral one.

HUMOUR

Lawsuit a dish best served with microgreens and edible flowers

› Woman sues café over non-photogenic food presentation

Roshni Riar
Staff Writer

Local internet foodie and 27-year-old veterinary student Susanne Richardson is suing the newly opened New Westminster café, Greens & Grains.

The reason: Greens & Grains' food, consisting of specialty sandwiches and salads, is not "Instagram-able" enough.

By not dressing up their dishes to be more photogenic, Richardson argues that Greens & Grains is hurting the like and follower counts of hopeful internet foodies like herself.

In an interview with the *Other Press*, Richardson expressed her reasoning behind the bold legal action.

"You know, I was really excited about Greens & Grains, but their lack of attention to detail really let me down," said Richardson.

She opened her Instagram to reveal a

grainy photo of mac 'n' cheese amongst a grid of pink lattes and rice bowls topped with flowers and delicate garnishes. "I had to upload a photo of my boring, home-cooked meal and it got a fraction of the likes that a beautifully plated dish from a new, buzzworthy spot would have gotten," she said to reporters.

"I'm suing for loss and suffering. The café not only disappointed me but also my followers. I wasn't able to provide them with the content they expect of me and I ended up losing three whole follows. Do you know how humiliating that is? I even contemplated deleting my account, but I know my followers—all 214 of them—wouldn't want me to give in like that. This kind of behaviour can really dash one's spirit. But I'm here to say: They can't slow my Insta-train down!"

Rachel Lowe, General Manager of Greens & Grains, was not impressed with Richardson's extreme approach.

"At the end of the day, we are a dining establishment. Our main concern is to provide people with good food that they want to come back for. Sure, it's not the prettiest but it's not like we're serving buckets of slop. Check our 4.8-star Yelp reviews if you don't believe me."

Jillian Bart, a respected pro bono lawyer, weighed in on the case.

"Susanne is young and not very grounded in reality. I can foresee this lawsuit being dropped before it gets any real traction. The press is probably more than enough for both parties involved. Besides, the café never advertised that their food was going to be beautiful. No restaurant has to do that."

Jimmy Wilkinson, a diner at the restaurant, shared his opinion on the situation to the *Other Press*.



Photo by u/TheNewJanBrady on Reddit

"Well, it's another one of these bougie cafes that makes a decent cappuccino and overpriced sandwich. I didn't notice that the presentation wasn't outstanding because frankly, I don't care. I don't have Instagram. Well, I do but I don't post. I mainly just creep. Anyways, the food's pretty good. I'm not sure that this lady has her priorities straight."

"I just want them to think about what they're doing by not sprucing up their plating," Richardson said to reporters. "It's not hard to make your food look good, but they just won't play ball. I was hoping this would be wrapped up by the time of my midterms but it's not looking so likely."

Speaking on the worst-case scenario, Richardson said that at the very least, she would accept a full refund for her meal and perhaps a gift card.

Weekly horoscopes

› Procrastinating? Me too! Things to do instead of urgent, pressing matters:

Isabelle Orr
Entertainment Editor



(March 21 – April 20)

Don't you dare crack open a book today, Aries! Skip any and all classes and head directly to the mall. Skip the sale rack and head straight to the "just in" section in every store. Finally, buy \$10 of Claire's merchandise and enjoy a nice Orange Julius to top it all off.



(June 22 – July 23)

Use today to meal prep for the next eight years. We're talking planning for a nuclear holocaust. Use absolutely every ingredient and Tupperware container in your kitchen until your freezer resembles the end of *Raiders of the Lost Ark*.



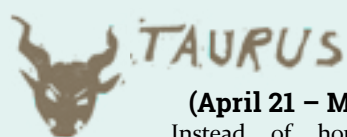
(Sept 24 – Oct 23)

Sorry Libra, I procrastinated on writing these horoscopes and honestly? I've got nothing for you. You'll just have to entertain yourself—that's what Netflix is for, right?



(Dec 22 – Jan 20)

Drive to your parents' house (no matter how far) and demand to see all family photos before 1995. Point at every person in the picture (even if it's just a cameo of your parents' old mailman's ankle) and ask, "Who's that?" You'll be stuck in their house listening to rambling stories about the good ol' days for an estimated nine years.



(April 21 – May 21)

Instead of household chores, immediately leave your house and buy no less than four baked goods (two of which are chocolate chip cookies). Walk to a park, eat two of the pastries under a large tree and save the last two until you get home. Eat them in bed—but be careful of crumbs!



(July 24 – Aug 23)

Though it may seem like cleaning is something to procrastinate from, consider this: How can you possibly think about any of your flaws, insecurities, or anxieties while you're scrubbing away three years of grime from your bathroom floor? You can't! Break out the rubber gloves and really go to town.



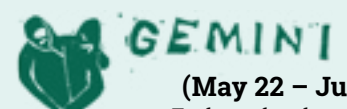
(Oct 24 – Nov 22)

Now's the time to pick up all those weird old lady hobbies that you've been putting aside for when you turned 80. That's right, we're talking stamp collecting and rock polishing, baby! Haven't seen a stamp in four years? Neither have I! But the world is your oyster—or at least, your poorly-polished granite.



(Jan 21 – Feb 19)

Recreate, by hand, the entirety of Louisa May Alcott's *Little Women* using only Plasticine dolls and yarn pulled from old sweaters. While you're slowly going crazy in your own workshop (AKA your communal kitchen), think about how small your problems are compared to the poor March sisters as Beth succumbs to scarlet fever.



(May 22 – June 22)

Feel good today, Gemini! Scour your apartment for the best selfie lighting and snap a shameless pic. Slam a big mug of tea and rely on that sweet, sweet internet validation to boost you through the rest of the day. You've earned it!



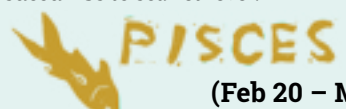
(Aug 24 – Sept 23)

Go through your entire Spotify collection and weed out any songs that don't spark joy (how did so much Arcade Fire get in here?), while simultaneously making playlists for everyone in your life. Don't leave anyone out! I'd better see a "For my fave dentist" in there!



(Nov 23 – Dec 21)

Go online and add absolutely everything you've ever wanted into your virtual shopping cart. When it comes to checkout time, click the big red X in the corner of your browser. Done! As an added bonus, you'll get semi-annual emails reminding you about what you didn't buy—future procrastination!



(Feb 20 – Mar 20)

Pluck your eyebrows! When's the last time you did that? Cut your nails, too. While you're at it, shave all the hair off your arms, legs, and toes, and finish by trimming your split ends before shaving all of your hair off. Once everything is removed, cover yourself in olive oil and throw the front door open to finally confront what you've been procrastinating on. It's a brand-new day!

Five ways to comfort your partner even though they're really ugly when they cry

› Kim Kardashian levels of bad

Isabelle Orr
Entertainment Editor

Has *this* ever happened to you? You're with your sweet, adorable partner, watching another terrible episode of *Riverdale*, siphoning off your roommate's wine and eating three-day-old stir fry. Suddenly, apropos of nothing, they begin to sob. The reasons may vary, but one thing's for sure—they look *weird*. Does the sweet, tender touch of love really conquer all? No, it doesn't. Here are five simple ways to comfort your partner even though they're really, really gross when they cry.

Offer tissues

Kind *and* helpful! Of course, you probably don't have any real tissues lying around, so feel free to wad up some toilet paper. If you're feeling a bit more generous, use some of that paper towel that you stole from a church



Illustration by Cara Seccafien

basement during that one wedding you went to. The nice thing about this move is that if you ball up enough paper, you can efficiently mask their face that you *just* noticed looks like their father when they scrunch their mouth up like that.

Emotional support

Try and get to the root of their problem. Is it something about their work or family life? Unfortunately, it's probably one of those two boring options. Buckle in and get ready to hear about what their mother said to them over Facebook Messenger for what could possibly be the fifth or sixth time. Remember to nod and tilt your head sympathetically at different intervals while ignoring the strings of snot coming out of their nose.

Try and make out

Perhaps *this* could cheer them up? After blotting some of the mucus off their face, go in for the kill, champ! Nope! You misread this situation. Now they're *really* upset. Abort mission!

Start tidying up around them

Not only will it give you something to do other than looking them in their weepy eyes, this move will also further solidify the fact that you are now the caregiver of the home. Start piling books, shoes, or whatever you can find around them like a nest, because they are now a baby bird and you're going to have to start regurgitating food into their mouth so it's easier for them to digest.

Swaddle them in a blanket and give them a bottle

Clear lines have been drawn in your relationship and you are now both their lover *and* their mother. Absolutely no kissing will happen on this night. Prepare a nice hot cup of hot chocolate or warm milk, then tuck them into bed while reading *Goodnight Moon*. Remember this night when you have a breakdown in one to three weeks about an exam and ugly-cry during the season finale of *The Good Place*.

Man protesting Gillette ad can't grow beard or mustache

› Mostly uses razors to trim treasure trail

Isabelle Orr
Entertainment Editor

Local citizen John Mann, 26, put his foot *and* razor down after seeing a new Gillette ad.

The ad itself, Mann claims, shows examples of toxic masculinity and how it has pervaded modern society, and ends on the note that we need to be conscious with our actions as they ultimately influence and inform the children of tomorrow.

"That shit was so dumb," said Mann, tugging listlessly on the four chin hairs he called a goatee. Though Mann usually makes fun of people who feel hurt or attacked by words or actions, he insists that Gillette's ad affected him on a deeper, more masculine level.

"Ad companies shouldn't be allowed to say and do whatever they want and make people feel bad about themselves. That's what a man is supposed to do to a woman, or anyone physically weaker and smaller," he said.

Mann buys, on average, two four-packs of disposable Gillette razors a year. "Most of them usually rust before I finish using them because I leave them in the shower. That's mostly why I need the second pack. Regardless, Gillette sure is going to feel the loss of a client today."

And Mann is not alone. Other citizens, like Jack Homme, feel that the marketing ploy overstepped its bounds.

"I'm mostly disappointed about how they made me feel ashamed after watching it," said Homme. "Advertising should only shame people in *good* ways, like how women's razor ads shame them for not

having a 100 percent smooth, poreless, hair-free body. Or how almost any ad targeted towards women makes them feel like they live in a horrible, grotesque human shell that will never reach socially acceptable levels of beauty. Now *that's* advertising!"

Reporters noted that Homme not only lacked facial hair but was completely bald as well.

Mann is working hard with frustrated men around the area to come together and protest Gillette. The *Other Press* stopped by a meeting (held in the basement of Mann's mother's house) to conduct interviews.

"We're not going to stand idly by while our manhood is being threatened," Mann told press. "We're being labelled as violent, aggressive, and evil. And if we have to riot to make sure people know that isn't true, so be it."

Several men with a scant handful of beard hairs among them were tying rocks to sticks to make crude tools.

"These are to bang together and make noise with," said the one with the most hair, the clear leader.

In another corner, a man with no facial hair but a stunning pelt of fur around his neck was making signs to carry to the rally. "I ran out of space, but I think this gets the message across," he said, brandishing a sign that read "GILLETTE BAD."

"Sorry ladies, do you *want* to live in a world where men are compassionate, sensitive, and thoughtful?" said Mann, whose last date turned out to be a catfishing scam. "Didn't think so."

'Baby on Board' sticker reveals no baby on board

› Wah, wah, w—what?

Isabelle Orr
Entertainment Editor

Dozens of drivers on Loughheed Highway last Sunday were in for a wild ride when Harold and Lynette Kerning, 49 and 47, were caught using a Baby on Board sticker.

The twist? Absolutely no baby on board.

After driving at a respectable speed and distance behind the mid-sized, slightly dented 1990 Toyota Avalon, fellow drivers were shocked and appalled to see no gap-toothed baby in the back seat. In fact, the back seat was completely devoid of any child paraphernalia.

"Absolutely disgusting," Carolynne Zenith, 32, told press. "I was going two kilometres under the speed limit for over 10 minutes. I *deserved* to catch a glimpse of an adorable baby. No baby, no cradle—just a cradle of *lies*!"

The Kernings' attorney, Geraldine Francis, spoke for them at a later press conference. "The 'Baby on Board' sticker really reminds drivers not to ram directly into the car in front of them, killing all drivers on impact. Because, you know, now they know there's a baby in there."

However, upon further questioning it was revealed that the Kernings' case was one of pure negligence.

"The sticker was placed on the car in 1992 when my clients' child Charlie was born," said Francis. "And the adhesive backing is simply too sticky to peel off

of the car without damaging the paint. Though Charlie is now 26, they have not purchased another car—and yet have two leisure boats and a large dog. But that's their own issue."

Many concerned citizens aren't content with that excuse. In fact, many interviews show the sticker seems to cause more widespread confusion than driver alertness.

"Am I supposed to drive more quietly so the baby can sleep? Am I not supposed to honk my horn? What if there's a deer on the road? Or worse, a baby?" asked Dwayne Wicks, 57.

"I could barely drive straight because all I could think about was that weird little patch called the 'soft spot' that all babies have on their skulls," Hector Arnolds, 27, said. "It's hella creepy. I know I would never do it, but I kind of want to shove my thumb into one just to see what would happen. I imagine it would be kind of like a stress ball."

Others, like Wendy Seville, 41, felt the sticker had malicious intentions. "I take extra offence to the stickers because I, myself, do not have children. These stickers only serve to rub it in my face."

As the press conferences continued on, reports spread of another case of Baby on Board gone wrong.

Cassie Lundgren, 28, was the citizen who spotted the second offence. "I looked into the back window, hoping, *praying*, to see a baby, and what's staring back at me? An 18-month-old, folks. That's a toddler if I've ever seen one. And it was ugly, as well."

CREATIVE WORKS

Offline

Caroline Ho
Assistant Editor

“You’ll have your internet next week,” the tech guys estimate.

My head is reeling, thoughts awhirl, fixated on the date.
A week without the web? I don’t know how I’ll stand the wait.
No, maybe this won’t be so bad. I’ll make it good. I’ll make it *great*.

There’s plenty I can do at home without a web connection.
Without this web distraction, I can focus with *perfection*.
I will turn this into one whole week of wholesome self-reflection:
Rediscover real activities. It’s a week of resurrection!

Now that I can’t waste those hours online, I’ll use my time to cook.
I will tidy up *for real* for once, clean all those dusty nooks.
No YouTube and no Netflix? Back to good, old-fashioned books!
All this internet-less clarity brings such a fresh outlook!

Time to tackle my to-do lists long-forgotten or ignored.
Time to hit the gym, the library, plus all the grocery stores.
I’m determined to enjoy this as I go about my chores.
This web-free week will not defeat me. I’m refusing to be bored!

I will choose to make these seven days my opportunity.
I can shed dependent habits. I can break out this new me.
The internet’s a trap, I think. Without it, look—I’m FREE.
Goodbye, web-addicted self. Let this be my grand eulogy!

I’m wholly ready for this week—

—wait, is that Wi-Fi?

My internet is back?! But just five minutes have gone by!
I guess tech guy was wrong. Now what?? Perhaps I should still try—
Oh look, notification light! *Attention span, GOODBYE*.

Wire Fence

Telka Pesklevits
Contributor

I am a stainless-steel nail.
You coiled yourself around me.
Together we made a wire fence
To protect the garden from the outside world.

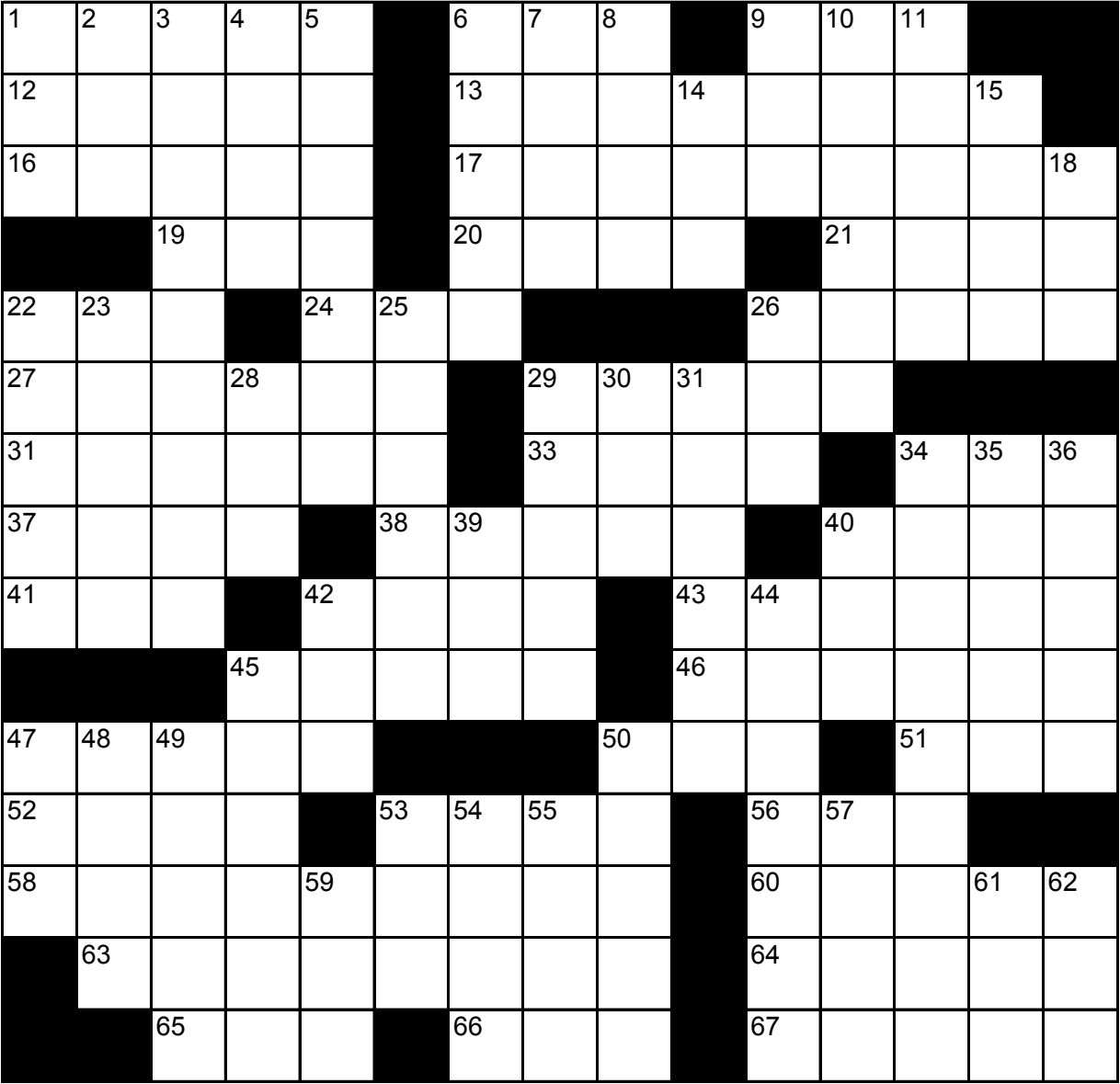
Apple trees with delicate white flowers,
Groupings of sprouting lemongrass,
Even bushes of yellowed weeds,
All kept safe by us.

The flowers had turned to sweet fruit,
When I realized after looking around
That I was not the only nail
That you were strung to.

It was only then that I could see
We were not protecting the garden.
You and I were holding it captive,
And stopping it from growing free.

Tomorrow’s rain will wash away
The rust stains you left on me.
But no matter what you do,
You’ll always have the kinks
Of all of those other nails
Left in you.

COMICS & PUZZLES



Weekly crossword:
In the Kitchen
Caroline Ho
Assistant Editor

ACROSS

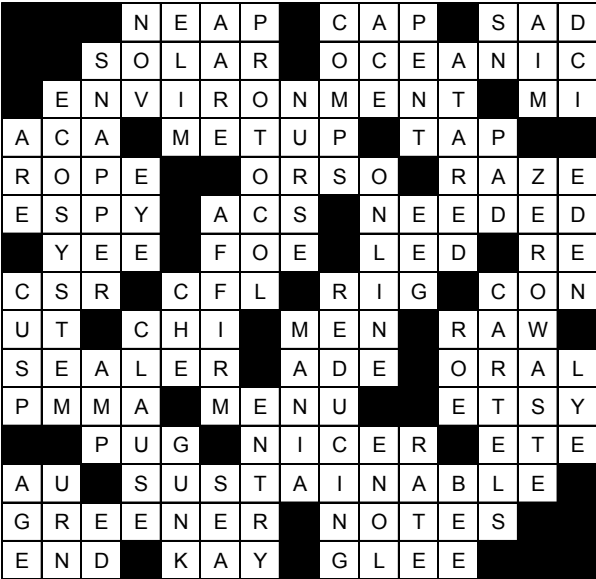
- Synopsis
- Tokyo, formerly
- However
- Fragrance
- Root used in many curries

- More unusual
- NaCl (2 wds.)
- Outs' opposites
- Frozen queen
- Tehran's country
- Opa's counterpart
- Vinyl records
- Not suitable
- Root used in many Asian recipes
- En __
- Late-night flight
- Operatic solo

- Abbreviation for discreet emails
- Grade school (abbr.)
- Kitchen seasoning, what many of the answers to this puzzle are
- Gone with the Wind setting
- Ukraine or Georgia, once (abbr.)
- Stupefy
- Crystal-ball-gazed
- Chickens' homes

- Alter clothes
- Chef and food show host Brown
- Inlet
- Opposite WSW
- Fear, en français
- What bread does when baked
- Greek vowel
- Chili powder (2 wds.)
- Not in a million years
- Herb often used for lamb and other meats

Previous solution



- Demanding
- Stimpy's cartoon pal
- Taco __ Mar
- Follow

DOWN

- Compressed file format
- Period in time
- Another name for cilantro
- Prayer ending, often
- Herb that comes in Italian and curly varieties
- Diminutive suffixes
- Double
- Spheres
- Honey-producing insect
- Bearlike
- Crown
- Alt. to APA or Chicago/Turabian
- Applaud
- Explosive acronym
- Fairytale monsters
- Honeys, en français
- Swift musical tempo (abbr.)
- Canada's southern neighbour, for short

- Precious stone
- Entrees
- Curved shape
- Nap
- Plants often used for sauces and soups
- Mythical ruler of Thebes
- Core group
- Young seal
- Prefix for "angle" or "cycle"
- Male offspring
- Type of chili pepper
- Cadaver
- Spring mo. (abbr.)
- Lascivious look
- 16th-century English monarchal house
- Emerald or aquamarine, e.g.
- Rotational speed meas. (abbr.)
- Apple tablet
- Very dry
- Adolescent
- Twilight, in brief
- University website ending
- Dense type of bread



Comic by Rella



DOUGLAS STUDENTS' UNION

ANNUAL GENERAL MEETING

WEDNESDAY JANUARY 23RD

@ 2:30 PM

**IN THE ABORIGINAL GATHERING
PLACE - NEW WEST CAMPUS.**

See what your students' union has been doing
this past year, ratify the annual audit and
approve bylaw changes!
Oh, and there will be free food!



**DOUGLAS
STUDENTS**
UNION BCFS LOC.6